Martial to himselfe/treating of Worldly blessednes, in Latin, English and Welsh.

Ex M. valer. Martialis ad seipsum, Libro, 10.

VItam quæ faciunt beatiorem
Iucundiss. Martialis hæc sunt.
Res non parta labore, sed relicta,
Non ingratus ager, focus perennis
Lis nunquam, toga rara, mens quieta.
Vires ingenuæ, salubre corpus.
Prudens simplicitas, pares amici,
Conuictus facilis, sine arte mensa.
Nox non ebria, sed soluta curis.
Non tristis Thorus, attamen pudicus.
Somnus qui faciat breues tenebras.
Quod sis esse velis, nihilq; malis.
Summam nec metuas diem, nec optes.

The same in English.

O Martial, thou most mery mate,
These things do make mans life most blest,
Goods not gotten by labour great,
But left by friendes, now gone to rest,
A fruitfull fielde, a fyre styll dyght,
For sturdy strife no time to finde,
And seldome gowns, a quiet minde.

Strength naturall, a body sound,
Wyse simplenes, friendes like to thee,
Prouisions easy to be found,
A table where no Cookeries bee,
No dronken night, but from cares free,
No dolefull bed, yet of chast sorte,
Slepe that may make the darknes short.

That thing that thou thy selfe art made,
And by iust lot pointed to bee,
Do thou thy selfe firmly perswade,
Still to remayne in ethe degree,
And let nought be more wisht of thee.
The day of death feare not one whit,
Nor yet do thou wish after it.

The same in the Britishe tong, which the people at this day in the English Barons speeche, call Welsche.

Traethawt Martial vardd am wynvyd neu ddedwyddit bydol.

1 Helaeth ddamwyniol olud.
Heb ei gael dwy dafael dud.
2 Erada dwf tir didifar,
Tanu yd tew yn i ar
3 Tan tymhoraidd at wynny
Cec amlwc mewn dibwcdy.
4 Allan o dra digllawn dzin
A dzwbius Gyfraith dzablin:
5 Inuynych gynefinaw
A swydd a bair dzamgwydd dzaw.
6 Da beddwl gloyw ddibwl glan,
Digynwzf ddiddig antan.
7 Eglur corph thac annoc hawl.
Neu gam, hyd yn gymhedzawl,
8 Coel eb anwir. cael beunydd.
Corph tacty i ddwyn cywir fydd,
9 Cofus' witrionder cyfiawn.
Call dwys, ni phair colli dawn:
10 Cyndeithion glewion glan,
Cydzsdd, dn ddidzanc oedzan.
11 Iach hoff gyfeddach o chair
Ddifanynad dda n dnair,
12 Glan bwzdd bebar brigiawn baeth
Gynnal manwl goginiaeth,
13 Nos diofal naws diferth
Difeddwf (pand da bydd y peth)
14 Dewis hoff wely diwair.
Didzif dudd dizdi a bair,
15 Hun a wnelo tro nyd dzwg,
Dealler bzi dywyll'wg.
16 Na wnlvslo n well nfod,
Noc bydd. yn bnic ei bod.
17 Heb ofn hunteb ofnbau
A dyweddaf oz dyddiau.

TERVYN.

Simon Vachan ei cycanawdd wrth arch ac esponiat M. S. 1 h.
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